

Free Cambridge Youth Wrestling Clinics



Come join us for two sessions of the Cambridge Youth Wrestling Clinic. This free clinic will be run by NCAA D1 All-American Andrew McNerney and CRLS wrestling coaches Sam Novod and Yves Lamitie.

The clinic will be for 5th-8th graders and will be used as a way to introduce kids to wrestling. The first session will be hosted once a week on Wednesdays from 5:00 to 6:45 at the War Memorial building (1640 Cambridge Street, Door #15) in the Multipurpose Room beginning June 24th until August 19th. The second session will run from September 16th until November 21st.



“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride.”

-Dan Gable



- Wrestling is one of the oldest, toughest, and most respected sports in the world. Due to all the rules it is also one of the safest.
- Wrestling is for kids of all size and shapes. Wrestling uses weight class to match competitors, so no one wrestles someone who is not their size.
- Wrestling will humble the best athletes and give pride to the less athletically inclined. Through wrestling, kids will gain self-discipline and will develop better work ethics, which can be applied to anything in life.
- Even if wrestling is not your main sport, kids will be better prepared for any competition. It provides, better balance, body control, and explosion, among other things.

For more information,
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